

My Stages of Grief

Instructions: Describe how each of the stages of grief has affected you.

Denial: "This can't be happening."

Anger: "Why is this happening to me?"

Bargaining: "I will do anything to change this."

Depression: "What's the point of going on after this loss?"

Acceptance: "I know what happened, and I can't change it. Now I need to cope."
